

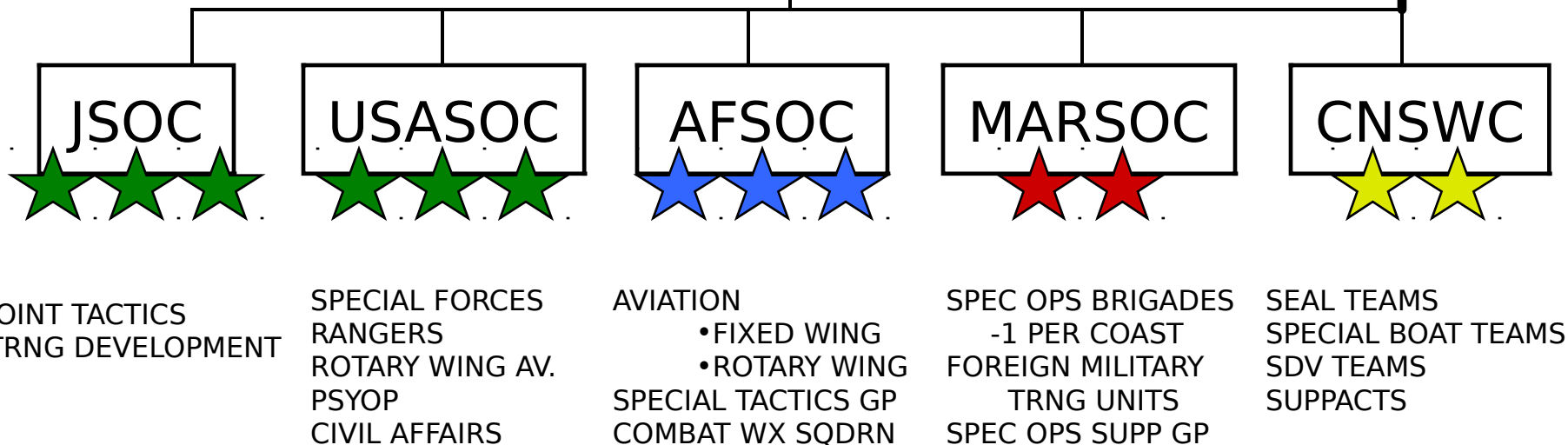


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# **Naval Special Warfare Behavioral Health “Tribal Engagement”**

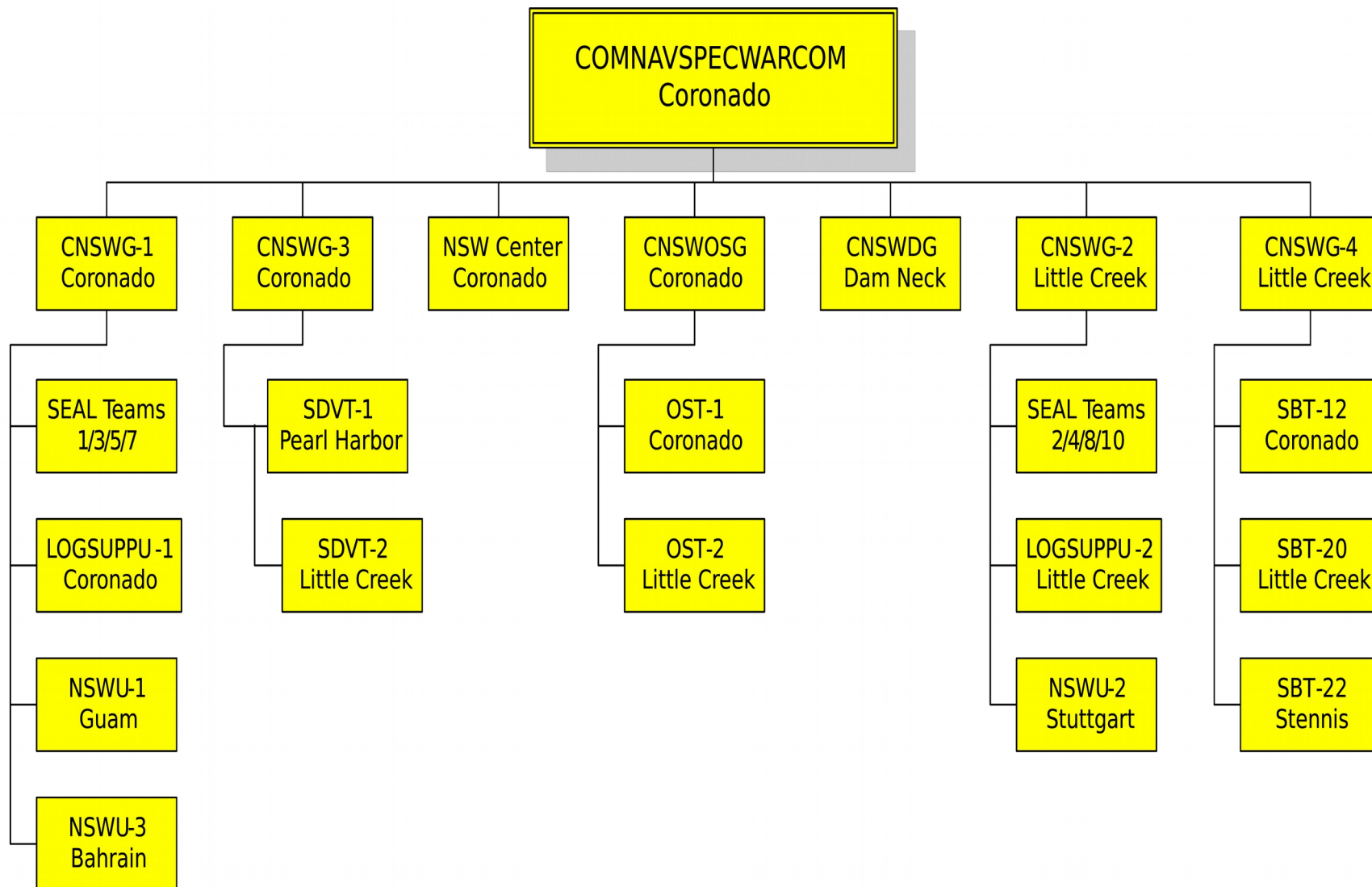


# Who We Are





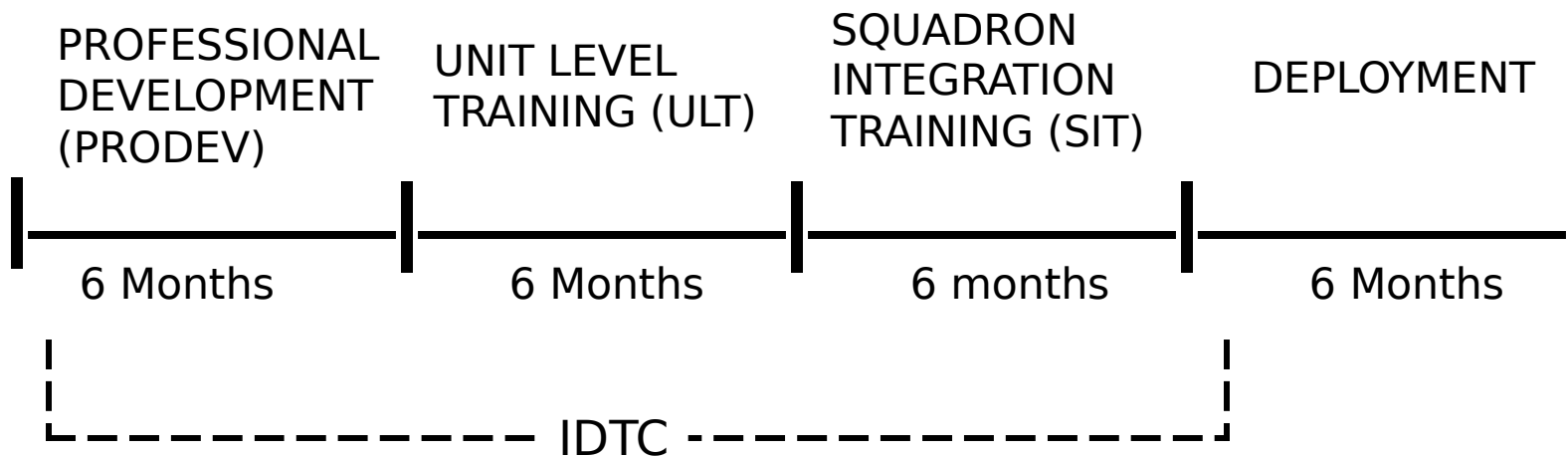
# NSW Community





# NSW Deployment

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# Community Traits

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- ☐ An exclusive community of males selected for motivation under stress.
- ☐ High Operational Tempo with over 200 days a year TAD or deployed.
- ☐ Highly trained and physically fit.
- ☐ High retention and pay.
- ☐ Average operator is 31 years old.
- ☐ Self identify as a SEAL or SWCC.



# Community Traits

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- ❑ Relationships are long term, extensively networked and trump other loyalties.
- ❑ Personnel are expected to cope.
- ❑ Change and diversity are minimal.
- ❑ Mental concerns are perceived as a weakness.
- ❑ Outsiders and are not trusted.
- ❑ Internal code of behavior.



# NSW Mental Strength

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- ❑ Preventive approach vice reactive – Build strength versus “find weakness”- Acceptance versus anonymity.
- ❑ Mental Strength is a sum of internal and external factors. Family strength, physical, financial and spiritual fitness, all count.
- ❑ Mental Strength can develop.



# Embedded Psychologists

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- ❑ Psychologists are assigned to each major command.
- ❑ Psychologists serve with the operators and are deployable.
- ❑ They are on-site, accessible and build trusting relationships over time.
- ❑ Psychologists are screened and selected.





# Check Ups From the Neck Up

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- ❑ 100% of operators are required to be checked with the mental healthcare provider.
- ❑ EVERY operator has open and clear access to psychologists.
- ❑ Trained like elite athletes and astronauts to maintain a healthy mind.



# Third Location Decompression (TLD)

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- ☐ Mandatory 48-72 hour decompression stop on the way home from theater.
- ☐ Part of their military operation.
- ☐ Important cognitive processing period.
- ☐ “Blowing off steam” is an ancient, proven practice of a healthy return.



# Family Programs

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- ☐ Family programs for all stages of deployments.
- ☐ Predeployment workshops
- ☐ Mid-deployment education and training
- ☐ Pre-redeployment workshops
- ☐ Reintegration Retreats providing teaching and counseling



# Mental Health Screening

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- ☐ Mandatory
- ☐ Based on stage of deployment cycle.
- ☐ 17 question validated standardized questionnaire to identify risk of PTSD and depression.
- ☐ This database above and beyond the Navy Deployment Health Assessment requirement, more focused.



# Neuropsychological Testing

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- ❑ Mandatory predeployment baseline testing
- ❑ Uses the Automated Neurological Assessment Metric (ANAM) adapted "Brain Checker."



# BUMED Initiatives

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- ❑ Congressional Psychological Health/TBI funding support
  
- ❑ NSW Needs Assessment
  - Community Surveys
  - Focus Groups



# BUMED Initiatives

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- ❑ Project FOCUS  
(Families Overcoming Under Stress)
  - Packaged Resilience Training for family members designed to support children



# BUMED Initiatives

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- ❑ NSW Resilience Enterprise
  - Identify and develop resilience factors in the NSW individuals.
  - Each person and family gets a personalized program on increasing resiliency





# Tribal Mental Health Successes

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- ❑ Mental health is a strength to build upon instead of a weakness to be hidden.
- ❑ The presence of mental health providers and activities such as decompression are increasingly seen as a normal part of operations.
- ❑ 100% mandatory mental health evaluations removes any onus.



# Tribal Mental Health Successes

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- ❑ Warrior strength is as valid as physical strength.
- ❑ Warrior strength is not individual. Additional strength can come from faith, finances, children, marriage, and communication.



# SUMMARY

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- ❑ Building Mental Strength
- ❑ Family and other “external” factors are part of the strength.
- ❑ Building strength is part of the Warrior Ethos
- ❑ Embedded mental health programs are necessary for a restricted community.
- ❑ NSW as a model.